

# **Remarks On Existentialism: Boredom, Anxiety and Freedom**

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# Foreword

This is the second edition of these notes. I revised the first edition to correct some spelling mistakes. Having read through it again, I must admit the theory is flawed and poorly conceived. Furthermore, I did not make reference to narcissism, which I now determine to be a huge factor in insecurity and despair. I also did not mention gratitude enough, something which dominates my later books. It is getting good reviews, so I will keep them published, but I would recommend that the reader read: *Remarks On Existential Nihilism: Labelling, Narcissism and Existential Maturity*, which I consider a better book. I would also recommend that you read *Remarks On Existentialism: The Will to Conform*, which is a sister book to these notes and explains certain things in more detail. Ultimately, I feel, as I have said, that this set of notes is flawed and the work of an amateur.

# Introduction

“There are two ways to be fooled,” said the great existential philosopher Soren Kierkegaard, “One is to believe what isn’t true; the other is to refuse to believe what is true.” Society is drugged on conformism and hence its will is considered absolute. But conformism is just *a* means to live, not *the* means to live, for in reality there is no correct path on how one should navigate through life. Man unfortunately grows up enshrouded in such conformist opium and the person who refuses to wilt is dissociated from or socially castrated. Conformity is the religion of the second millennium; it is the disease of the law abiding majority; it is the fodder on which the masses give meaning to existence because deep within the dungeons of their consciousness they can hear the reptiles scream that life is in actuality meaningless and that the individual faces a certain death. Thus how does man live under such a nihilistic duress? He does so in the same vein that the stereotyped addict centres their life on their addiction..... The majority’s drug of choice is conformity and just as the heroin addict’s motivation to live is diacetylmorphine, conventional man focuses his life on this conformity. The reason I quote Kierkegaard is because man is guilty of both extremes. He follows what is not true in conformity and stubbornly refuses to accept what is true in the existential model of life and he does so mainly because of fear. Fear, as much as money, is an outstanding motivator. Man is afraid of the angst, he is afraid of the freedom and most pertinent he is afraid of the nothingness of death. Hence he flees such truths through denial and runs swiftly into the arms of conformity. However there is no right or wrong; no good or bad; no monsters or geniuses in life despite our ruthless opinions. You as a human are free to live as you so deem. Alas one unconsciously adopts the conformist approach to live and accordingly determines that it is virtuous, when in fact it is just a

glorified system of how to live, of which there exist many systems. Thus people are schooled on image, marriage and work as if they are necessary components of life, when in reality an individual adheres to these principles purely because everyone else does. The Will to Conform is unconscious and its tragic deceit lies in that we convince ourselves that we are free. Alas however we are far from liberated, for the chains of conformity are ever so long that they give us the illusion that we are living on our own accord and by our own choices.

With these notes I attempt to portray how man conforms and I also set out to detail the method in which Existentialism can set a man free. I propose a model for the conformist man and an existential model on schizophrenia. These notes were written by my own accord and thus any similarities are merely coincidental. The primary influences on my school of thought were RD Laing's *The Divided Self* and *Existence* by Rollo May. Ultimately no matter how small, I hope that these notes may further the field of existential therapy.

# Part One

## Unconscious Mind

1.0 A man is his unconscious mind. The mask he wears is his conscious mind.

1.1 The unconscious mind absorbs everything with regards its field of observation. This includes the sight, hearing, smell etc.

1.2 It receives information from the external world and determines a response and then filters this feedback into the conscious mind. It influences the conscious mind in its decision making.

1.2.1 This is how advertisements work. They bombard ones unconscious mind with information and then this filters into the conscious mind to determine a choice. But one is not aware that they have been unconsciously manipulated.

1.3 Choices based on instinct are determined by the unconscious mind.

1.3.1 Conversation is used as the barometer of an individual because it is based on instinct. How does one respond to a question when one only has mille-seconds to think of an answer? One responds on instinct and instinct is unconscious.

1.3.2 For example in the cinema you are unconsciously manipulated by the film as much as you are consciously. Unconsciously you are taking in everything you see on the screen and hear. This then can releases chemicals to make you enjoy the film more which pleases your conscious mind. Films work on the unconscious mind.

1.3.4 A sports person often relies on his instinct to perform. A boxer or a soccer player is reliant on his unconscious mind to make decisions for him.

1.4 The unconscious mind thus dictates a man's drive. The decisions he makes in life and what he desires are unconscious. The conscious mind holds the reins with regards using logic. So the unconscious mind wants and the conscious mind determines whether this want is worth it. A man can do what he wants but not determine what he wants.

1.5 Unfortunately people through millions of years of evolution are still manipulated by their unconscious mind. So they think they are making a decision consciously when in fact the unconscious mind has greatly influenced that decision process.

1.6 People are thus not aware of why they choose a certain choice. They know what they choose but not why they choose because this why is influenced by the unconscious mind.

1.6.1 Imagine for instance you are driving and another car speeds out of nowhere. Your unconscious mind reacts to avoid a collision and not your conscious mind because it does not have time to react. Now apply this to nearly every facet of life and one sees that despite being given time to think rationally we still make choices based on instinct from the unconscious.

1.6.2 Often choices are made on emotion and emotion is unconsciously driven. For example an animal gets anxious when it sees a predator. This anxiety is its emotion and it is instinctive. Thus a man may formulate a decision because he is anxious or is content and both these emotions are programmed by the unconscious.

1.6.3 Decisions should always be made based on logic and not emotion.



1.7 Because people are so busy in life with being bombarded with information daily, they do not have much time to rationally think and thus their unconscious mind dictates the choices. But the great deception is that as a man with the ability to speak, we convince ourselves that we are making our decisions on our own accord (as in consciously).

1.7.1 But we are not. We are making decisions based on instinct which is guided by emotion which is guided by the unconscious.

1.8 Love for instance is unconscious. Attraction is instinctive. You either are attracted to someone or not and this attraction is developed unconsciously and then fed into your conscious mind.

1.9 How you respond to a film or a book is unconscious. For example one could be consciously aware that a film has a good rating and yet one does not enjoy the film. So even though the film scores high and one is consciously aware of this fact, they don't enjoy the film because unconsciously the film has not succeeded. When watching a film one does not have time to think and thus responds on instinct.

1.10 Man is thus still animal like in his decision process. It's just this judgement process includes language and this can endeavour to enable man to think based on logic. But rarely can people do that.

1.11 For instance if you are on a date, you are being stricken with information and how you feel during and after the date is decided by your unconscious and this feeds into your consciousness through chemicals.

1.12 The unconscious mind controls the response of man. His conscious mind has the ability to act or reject that response. This is why criminals exist. Their decision process is unconscious and this is not kept in line by the conscious mind.

1.13 Man lives on his unconscious mind. The will of the unconscious can be fought and it can be repressed but never eradicated.

1.14 The conscious mind can reject the unconscious desires and man becomes restless because of this inhibition. However the conscious mind cannot lie to the unconscious mind. For example a person can say they love another consciously but unconsciously they do not and this creates friction in the form of boredom and hostility. One can suppress but cannot lie to their unconscious desires.

1.15 Instinct is dangerous. Man talks on instinct and often believes that he is right to act on instinct also. He becomes conditioned to act on instinct because he converses on instinct. There is a correlation between those who talk well and those who act on impulse.

1.16 If the conscious mind is a planet then the unconscious mind is a star and without the star there is no planet. Like general relativity, the unconscious mind shapes the conscious mind. The conscious mind is warped by the presence of the unconscious.

1.16.1 Every act by man is a reaction to an action. Man cannot determine the action but he can determine the reaction. But often this reaction is unconscious in nature and to control the unconscious mind is hard.

1.17 The smart are those who understand how their unconscious mind influences their conscious mind.

# Boredom

2.0 Man unconsciously tries to flee boredom at all costs. In life one must choose between boredom and everything else.

2.1 Boredom is to be avoided for the mind will fall into depression if it should become too bored. The boredom is the suffering. The choice is: Accept your ennui or seek to absolve it.

2.2 Boredom is an anxiety in itself which must be escaped.

2.3 Man lives to avoid boredom.

2.4 Man cannot sit and accept his boredom. He possesses a poor tolerance of it. He unconsciously tries to negate it. He cannot sit and stare quietly into a blank canvas. He must be active and this drive is unconscious.

2.5 The mind must be active. It is like the shark that must move forward in order to survive.

2.6 An active mind is a stimulated mind. It makes us feel well.

2.6.1 An inactivated mind is prone to depression and existential anxiety.

2.7 Man does not realize that he does so much to escape the grasp of boredom for this escapism is unconscious. So he works, socializes and engages different facets of life to relieve himself of boredom.

2.8 Man feels the anxiety of being when left alone with boredom and it is this anxiety which the mind attempts to desert.

2.8.1 This anxiety endeavours to make man question his being. He questions his world, his mortality and his existence.

2.8.2 This is dangerous for it gives birth to nihilism. It also gives rise to anhedonia of the spirit.

2.9 Boredom is anxiety because the mind either fights or flees anxiety and thus it fights and flees boredom.

2.10 Thus every single facet of existence is an escape.

2.11 Work, relationships, film, books, sports teams, conversation, arguments etc. all serve to enable man to escape boredom. Conversation is arguably the single biggest escape of mankind.

2.11.1 In escaping man keeps his mind active and prevents himself from observing himself.

2.11.2 Man unconsciously chases these enjoyable qualities in life purely to negate boredom.

2.12 The mind unconsciously seeks to avoid self-recognition. This self-awareness causes man to become anxious with his place in the world and this anxiety as mentioned is avoided.

2.13 Thus man escapes into the world and thus forgets himself within the world.

2.13.1 This has positives and negatives. Positively it means he enjoys life. Negatively it means he cannot see what he does in life. Criminals cannot observe themselves for who they are but neither can the law abiding citizens.

2.14 Man sees everything and everyone except himself. He cannot see himself and he certainly cannot perceive himself as he lives.

2.15 The mind has adapted this as a means to survive. By being engaged in the world man forgets his place in the world and hence prevents any anxieties from existing within his mind.

2.16 The only way man can be free is if he can accept his boredom.  
The only free man is a man who can tolerate his boredom.

2.17 A poor tolerance of boredom is the source of all our glories and  
woes.

# Existential Anxiety

3.0 The consequence of language is this existential anxiety. If there were no language this anxiety with existence could not reveal itself.

3.1 Thus the mind in response to this threat tries to disavow the boredom.

3.1.2 Through negating boredom it prevents anxiety and that is why we strive to unconsciously avoid boredom.

3.1.3 Existential anxiety consists of two qualities:

--- Man has no meaning.

--- Man faces a certain death.

3.1.4 When the mind is asked these questions it can implode on itself and thus the mind tries to avoid these questions. The mind when faced with such anguish recoils in anxiety and thus seeks to find meaning.

3.2 Boredom is the anxiety that anxiety tries to avoid. As in we get anxious because boredom itself is an anxiety that must be avoided.

3.3 We are unconsciously trying to avoid the anxiety that is a product of language.

3.4 Animals do not suffer this anxiety because they cannot use the tool of language to think.

3.5 Existential anxiety is language. It is the price we must pay for possessing the tool of language.

3.6 This existential anxiety is different from visual anxiety. Visual anxiety formulates fear in what it sees. Existential anxiety formulates fear in what it thinks.

3.7 The mind instinctively chooses visual anxiety over existential anxiety.

3.7.1 Visual anxiety in this case manifests itself in terms of stresses in life. For example work stress or relationship stress.

3.7.2 The mind chooses this anxiety over the anxiety of existence because it is less dangerous. Whereas normal anxiety makes you fight or flee, one cannot fight or flee existential anxiety. One cannot escape the futility and indifference of the world.

3.7.3 In the animal environment they can flee or fight in response to the threat. This is visual anxiety and it benefits the species. But one cannot fight or flee the universe and one cannot fight or flee themselves.

3.7.4 This is why existential anxiety is dangerous and this is why the mind evades it. One cannot escape oneself.

3.8 With language we gain an ocean's worth as regards our species. We can build skyscrapers and send rockets to the moon and both these things are done through language.

3.9 The trade-off is we can self-recognise ourselves through language. We unconsciously and consciously become aware of our existence, our body, our thoughts, our name, our face and through this recognition we question our existence and this doubt is dangerous.

3.10 This is why the legions of men and women fall into the arms of religion for it gives meaning to their lives and in doing so, it denies the existential anxiety.

3.11 To reiterate: The mind strives to flee existential anxiety above everything else.

3.12 I cannot but help think it does so (flee) because it knows that this existential anxiety is correct.

3.12.1 By this I mean that it realizes through language that life is utterly meaningless and pointless with regards actually existing, but tries to keep these thoughts asleep. The mind realizes it faces a certain death and tries to run from this thought.

3.12.2 It realizes that we are mortal, that we have no meaning and that everything is permitted.

3.12.3 Thus the mind actively seeks to avoid these questions to enhance its survival.

3.13 This anxiety is generally ignored if one is busy in life. This is why boredom is avoided for these questions can surface in boredom.

3.14 The mind tries to avoid failure for in part the same reasons, because failure can cause man to question his place on earth. It can cause him to see himself within the universe and when man sees himself, he questions himself. Look inwards and you see nothing but despair said Irvin Yalom.

3.14.1 This is why it tries not to recognise itself in the midst of life, for if it does not acknowledge itself, it will not question itself.

3.14.2 The man who cannot see himself cannot question himself. This is why we escape.

3.14.3 The mirror of recognition is dangerous, for man is frightened when faced with his own mortality.



# Entertainment

4.0 Entertainment is how man avoids this boredom and in turn how he flees this existential anxiety.

4.1 The objective of entertainment is as much to escape oneself as it is to be entertained.

4.2 By entertainment I mean anything man does to distract himself from boredom.

4.3 Through being entertained in life, the mind is active and thus cannot impinge on itself. It cannot recognise itself within the confines of the world.

4.4 So contemporary man may work in the day time and relax in the evening through watching television and both these activities serve to enable him to flee his existential anxiety. They allow him to escape.

4.5 Thus everything that we commonly associate with life is in actuality an escape from life itself. A relationship, reading a book and following a sports team all maintain entertainment and all allow the time to pass.

4.6 This is why we follow. This is why we work. This is why we love. This is why we celebrate. We do all these things because we unconsciously strive to avoid boredom and in avoiding that, we avoid existential anxiety. We cover over the cracks of existential angst with entertainment.

4.6.1 Are we entertained or not? We must be entertained. The success of an individual depends on entertaining the chosen audience whoever that may be.

4.6.2 Take a conversation between two people. One demands to be entertained, the other provides the entertainment. It is a game. A person, a film or a sports match all must entertain. Success for a person is to be enthralled.

4.7 It is because we are faced with the abysmal truths of life through language that we seek out entertainment.

4.8 The mind unconsciously does this without thinking. When a man has too much time on his hand he begins to question himself and this gives birth to awful truths. He is better off numb with delusion.

4.9 Entertainment involves releasing oneself into life. One forgets oneself as they are engaged in the battle. They cannot see themselves as they live. In effect they purge their identity consciously.

4.10 For instance on a date, one person observes the other and vice versa, but they never observe themselves. They are too engrossed in entertainment to recognise themselves and thus time passes by passively.

4.11 When reading a book they get taken into the world of the book and do not see themselves as they read and again time is eroded passively. Arguing is a form of entertainment. It is a chance to relieve boredom. Why do people argue over current affairs? Why do they even watch current affairs?

4.12 When watching a match, they tune in and become involved with their team. They forget themselves as they watch. Again time simply melts away.

4.13 Man instinctively tries to avoid himself because in doing so, he avoids the decisive question of life: What is its meaning? Should he delve into that abyss he realizes that answer is relatively simple:

Nothing. Entertainment thus serves to distract man. It gives meaning to his existence.

4.14 People therefore try to give their life meaning through how they escape. People depart into meaning and fight to preserve that meaning. The fight is unconscious and that is why it is difficult to change ones convictions for they are rooted in the unconscious.

4.14.1 So they assert that the meaning of life is love because they enjoy it. Or they contend the meaning of life is to help others because they too enjoy that. Or they may say the meaning of life is to earn money because they enjoy that method of living and it is hard to alter their beliefs.

4.14.2 But they are wrong. The meaning of life from this conventional perspective is to solely enjoy yourself. The meaning is to love. Through being entertained life flies by quickly.

4.15 From a nihilistic vantage point however, the meaning of life is nothing. One simply exists and tries to make do with what he has got.

4.15.1 And this fact is frightening and the minds of men try to run from it.

4.16 It must be said that this existential anxiety is a feature solely of man. The animal has no such worry, because it cannot use language. The contemporary man can worry and his mind unconsciously tries to escape to avoid the question. The mind tries to return to its animal origins and it actually does this by distracting itself from the question. It distracts itself through being entertained.

4.17 It can be thus assumed that a smart man realizes his own place in the world. He observes his own mortality. Those who are so engaged in life that they do not question it are animalistic in nature.

They simply respond to a stimulus (avoidance of boredom) in much the same way that a Bison responds to hunger.

4.17.1 They respond unconsciously to this urge. They do not realize why they behave like they do. This is how animals live, on instinct. Economies of the world are built upon this premise: That man is not in control of how he responds. He responds like the flower responds to sunlight.

4.18 The goal of life as we understand it and have come to accept it for the majority is to be entertained. The unconscious mind instinctively tries to avoid questioning life. In a sense life is like art in that if you try to comprehend it, you will not enjoy it.

4.19 But this entertainment is not meaning but rather it just serves to allow you to escape. It compels you to avoid trying to determine meaning. Man assumes though this that entertainment is meaning. It is not however. Entertainment is escape. Entertainment is done to flee meaning.

4.19.1 For example a person may say that the meaning of their life is to raise a family or to devote themselves to god. These are not logical reasons for living but rather they are escapes from living that spontaneously allow someone to live. The goal of life is to be entertained. The meaning of life is nothing however.

4.20 We drink to escape, we love to escape, we watch to escape, we read to escape, we play to escape etc. We live to escape.

4.21 The goal of life is to enjoy yourself. Life is a drug and just like the drug, the sole being for existence is to abscond from life itself.

4.22 Entertainment thus serves to distract man. The animal has no such worry, because he cannot use language. The contemporary man

must worry and his mind unconsciously tries to escape to avoid the question. The mind tries to return to its animal origins.

4.23 One does not do anything in life unless there is gain from it. We expect to be entertained, be it emotional, financial, security or sexual. To be happy we must be entertained. Those are the four main facets of entertainment. Emotional, Financial, Security and Sexual and a successful relationship or addiction provides all four.

4.23.1 There is no difference between a date, a film and a sports match. The mechanics of what we demand from each are the same: to be entertained. We request to be entertained in every facet of life.

4.23.2 A relationship, a book, a sports team or a film are all the same. They are all forms of entertainment. For them to be successful we must be entertained by them. The means of an entertainment may differ but the end of a successful entertainment is the same. We feel emotionally satisfied. Entertainment is chemicals. The mechanics of all addictions are the same. The goal is to be entertained.

4.23.3 We are instinctively greedy. The majority of us use others unconsciously as a means to escape.

# Conformism

5.0 The legions of men are programmed to conform. Conformism is a type of entertainment. It is unconsciously done by the mind of the individual. It is a series of behaviours that is designed to entertain.

5.0.1 Conformism is in effect at this time: Work and Marriage. But there are numerous other facets of life that are done because of conformism.

5.0.2 Why does one read the paper? Conventional thought dictates that one does so because one just does so. Existential thought says it is because everyone else does and to avoid boredom.

5.1 The only difference between conformism and criminality is in the numbers who engage in each discipline. Criminality too is often done to be entertained and conformism is the chosen crime of the majority.

5.2 The masses do not realize what they are doing. They cannot see themselves conforming to the will of society. It is done unconsciously and without even the faintest hint of a rebuke. Because of conformism we adapt certain rules, but there is no right or wrong. Morality is statistics and opinions incite consensus.

5.3 Why do the majority want to work? Why do the majority want to marry? Why do the majority wish to mimic each other? The answer is because they unconsciously conform. They accept the life laid out for them on the map. They unconsciously see repetition in society and seek to copy that repetition.

5.4 Soldiers in the midst of war will follow the commands of the general even if they lead to an inevitable death. They are told to abide by the commands regardless of their integrity. Life of man is a

mirage of this concept. The youth are systematically conditioned to follow the conformist methodology of living and to not question it.

5.5 But they only follow because they gain something from it. What they gain is entertainment and this entertainment suppresses the reptilian existential questions to the shadows.

5.6 Conformism is a product of entertainment. It is how the majority has come to be entertained. Through working and loving the masses have meaning in their lives and if they have meaning they are content.

5.7 Economies are highly dependent on this psychological force to maintain the status quo of the world. Conformism means entertainment and entertainment means the morale of society is positive. With society being happy the economies run smoothly.

5.8 Conformism is problematic in that the people will generally do not what they want to do, but they will do what others do. They copy how others live. It is psychological mimicry. Now it is great from a psychological perspective if the person is fully capable of achieving in what conformity stipulates. However if such a person is not psychologically able to meet the demands of conformism they will suffer.

5.8.1 They suffer because the weight to conform pushes outwards while other anxieties press inwards. Such a person cannot appease the demands of expectation and thus suffer. They cannot meet what is requested of them by conformism.

5.8.2 Conformity is often borne out of fear, the fear of being alienated or the fear of being a cynic.

5.9 There is an anxiety associated with conformism that strikes into the psyche of the individual particularly those who have grown up in

privileged backgrounds. They are unconsciously aware that there are expectations required of them and this unconscious pressure can cause them to become distressed. They are quietly demanded to achieve a certain life in a certain way.

5.10 The majority of those who yield to conformism do not feel this way however and happily buy into the conformist ideal of living without question. Conformity is the fetish of the masses.

5.11 Conformism is the reason the world is the way it is. The working world, the growing economy and the content family nucleus are dependent on it. But they do not realize it. It is an unconscious response to the environment.

5.12 The expectations of conformism do however differ with regards socioeconomic class. Those from middle to high income families are expected to maintain their middle to high income class. Those from lower income families are not quite demanded to reach a higher level.

5.13 Generally those who do not conform are socially castrated. The man who refuses to conform is deemed a cynic and cynics are not favourably looked upon. The majority labels the minority because they do not follow.

5.14 The homeless man is broke; the schizophrenic is mad; the criminal is criminal. If the majority were mad then conformity would be the madness.

5.15 The potential for someone to be labelled a heretic among society does unconsciously implore man to heed to the will of conformism. The fear of being labelled drives him to conform. Many men suffer from a crisis of labelling.



5.16 Even though this opinion is powerful, it is in fact all the majority have to ruin the non-conformist. At the end of the day those who we deem failures or those who break the law can only be labelled. That is the only punishment we dispense, but it can be a powerful tool to use.

5.16.1 The labelling does endeavour to keep man in line. The fear of losing one's reputation does make men choose the "quiet life of desperation." Man is repressed said Freud. He wishes to do things but he knows he will lose his stellar imago if he does so. And the difference between the man who does and the man who doesn't is simply choice.

5.17 Conformism is a psychological disease that the majority calls life. But just because the majority deems it right, does not make it right. There is no right or wrong in life, but only what the majority determines as right or wrong. Morality is statistics.

5.17.1 There is no right or wrong but the majority use conformity among other things as a standard to gauge right or wrong.

5.17.2 This also feeds into image in that the man must conform to ideals laid out. The ideal man must marry, work and raise a family as must the ideal woman. But this is just unconscious conformity. Conformity is only consensus and man willingly conforms.

5.17.3 Man's fiercest battle is fought in the pit of his consciousness, between the drive to conform to the yearning to do as he so wishes.

5.18 Conformity is how the collective man has adapted to using language. In the same way that bats accumulate in caves, man conforms and he does so thoughtlessly.

5.18.1 The people unconsciously try to flee boredom and in doing so they unconsciously fall into the arms of conformism.

5.18.2 There are two ways to be born a slave. One is to be born into slavery and the other is to be born into conformity.

5.18.3 Conformism is collectively demanded and individuality is vilified.

5.19 The internet will appease conformity. It will promote it. Surveillance incites conformity and this is wrong because one must incentivise conformity not impose it on the individual. The internet is akin to a secret police that operate on fear and the masses do not like to live in fear.

5.20 Conformity drives conformity. It is family, friends, teachers, doctors etc. that implore one to conform and this is done unconsciously. The want to conform is higher in the female than the male. The male would be happy to work and remain single. The female however wishes to feel respected and thus relationships/marriage provide that respect. Marriage is thus powered by the female of society much more than the man.

5.20.1 From adolescence we have an idea of what is the standard of living that one must achieve. For both men and women it involves work, marriage and family.

5.21 Because conformity is used to group many men under the one heading there exists only three types of men in the world: Conformists, non-conformists and criminals.

5.22 Marriage and work are just a means to an end. Conformism is the passive willingness to follow others without question. In the future the means of conformism may change, but the end will still be the same: Following.

5.22.1  $2+2=5$  and that is conformism. People will believe not what is necessarily true but what they wish to be true. They thus convince

themselves that conformity in the guise of marriage and work is the meaning of life. But deep rooted in their psyche the existential angst screams quietly and it is kept suppressed through conformity.

5.23 A cynic is a man who does not conform. This is why we label such a man a cynic because he sees the truth and the masses do not wish to believe the truth. The masses know the truth but they do not believe it.

5.24 From an evolutionary point of view the animal is not faced with existential anxiety. 200 million years of existence and the dawn of language gives birth to this dilemma and the mind responds through conformism. The mind is used to fight or flight. If existential anxiety is the predator, what it flees into is conformism. But it also fights dearly to vindicate this escape into conformism. This is why it is often hard to convince an individual otherwise. What they believe is their escape and they will fight to maintain that belief. They fight to be right because being right gives meaning to existence.

5.24.1 The Will to Conform (WC) is an unconscious drive that men grow up to possess. It is derived from pressures in society, from family, from friends and from the individual themselves and they all combine to implore the individual to unconsciously play his cards a certain way. We are specialists in conformism. We are our own conformists. We convince ourselves of so much lies in life that are all done in the name of conformism. Every man and woman is deceived by themselves. The outstanding deception is self-deception. We are deceived by our own unconscious mind.

5.24.1.2 The pressure to meet the expectations of conformity can however cause anxiety within the individual. What if they cannot conform or do not wish to conform? Those two questions can cause anxiety. The Will to Conform can cause anxiety in those who wish to defy it.

5.25 Why marriage? Marriage from the male point of view projects a good image to the world and also allows sexual gratification. Marriage from the female point of view also projects a good image and makes her feel justified as a human. Those are the two unconscious drives that implore people to marry.

5.25.1 People always try to roll the dice in their favour. So they generally align themselves with either people or ideals that benefit them. Marriage benefits people psychologically.

5.25.2 Imagine for instance that marriage did not exist or even relationships. The male would have no qualms about this life, but alas the female would because the male is still gaining sexual gratification but the female is now being treated as an object of sexual desire.

5.25.3 The marriage component of conformism is largely driven by the female of society. Marriage gives meaning to the female and makes her feel justified.

5.25.4 Marriage is a religion. In the same vein that we follow a religion or a sports team, we follow this template.

5.26 Why work? Work enables us to earn money which in turn enables us to gain more desirability and this in turn enables one to gain a greater partner for marriage. Work is mainly driven by image.

5.26.1 The life of a conformist is one where everyone's end and means are identical. They say the end is the same but the means different. I challenge this view. The conformist life is repeated by millions with the sun rising and the sun falling. The plot is the same; the names and faces of its characters are different and that is all.

5.27 Man does not unconsciously conform for no reason. He does so because he gains unconsciously. Conformity improves his image

and image makes him feel good about himself. For the female in particular marriage and family make her feel good as a woman. They both make her feel justified. The male feels good when he obtains a woman. They both gain in terms of sexual gratification.

5.27.1 It seems though that the main driver is image. The male works. This improves his image. He then marries and this improves his image further. This is all done unconsciously. The female is attractive. This improves her image. She then marries and this improves her image further.

5.27.2 The man who is a slave to money, friendship and sexual gratification is deemed the normal man.

5.27.3 Marriage and work are a model for conformity and that is all. If a better model is developed, it will be adapted. They are a means of conforming, not the means.

5.27.4 Make no mistake about it, conformity is driven in part by image. But who benefits most from conformity image wise, the man or the woman? It is the woman. The man need only have a woman by his side to be respected image wise. The woman almost has to marry to gain self-respect and external respect. From an evolutionary point of view, the man usually has multiple partners whilst the female chooses her mate carefully. Hence marriage becomes a necessity for her to be respected image wise.

5.27.5 Conformity is also driven by family and friends. The very people who one believes support him or herself actually unconsciously put demands on the individual to behave a certain way. The individual is taught that one can only be happy and achieve respect through conformity i.e. marriage and work.

5.27.6 The Will to Conform is like driving through the city. As we drive through traffic we unconsciously pay attention and uphold the

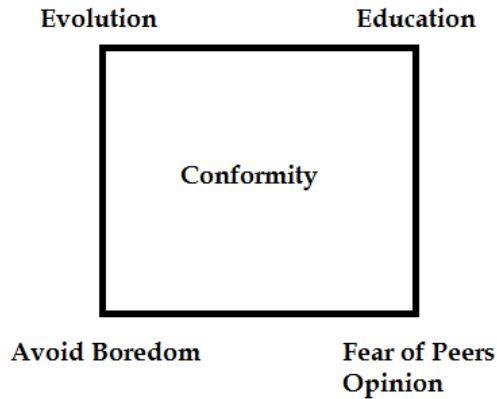
rules of the road. Just as a person stops at a red light, he or she unconsciously heeds to the will of conformism.

5.27.7 Education when young also helps promote conformity. The indoctrination through education that we receive when young moulds our existence. It along with the urge to avoid boredom and the fear of friends and families judgement promotes conformity.

5.28 The reason why conversation is such an important facet of life is because we grow up acclimatized to it. We are immersed in language and it also serves to distract us from the futilities of existence. We avoid the question posed by language through language itself.

5.28.1 Proper socialization through education when young actually condemns man to the servitude of conformity. Requisite socialization endeavours to create good articulate individuals who become deceived through the language they use. Conversation becomes the addiction they cannot do without and strives to make them conform. They seek out friendship for its emotional gain which makes them feel good. Conversation is an addiction like heroin or cinema. It has mechanics and it is only engaged in because it benefits someone emotionally.

5.28.2 Conformism is language also. We are programmed to speak from indoctrination with language from an early age. Thus social skills are held in high regard by peers.



5.29 Man thus really only has two choices in life despite what is preached: To conform or to rebel. Those are the only two decisions a man must choose between.

5.30 Conformity not alone dictates how one lives; it also determines how one enjoys oneself. All our enjoyment is the same. We are all the same. In the unconscious pursuit to conform we betray our very existence.

5.31 To conform is by no means wrong if that is what one fully wishes to do; but is it what one fully wishes to do or is it just simply mimicry of the unconscious?

5.31.1 The whole world has a disease of the mind. It is Conformist Personality Disorder. It compels one to conform unconsciously.

5.32 Conformity is a model. It is the accepted model of life because it benefits an individual psychologically and a country economically. That is why it is incentivised. That is why it is encouraged.

5.32.1 We conform in part because we have no other choice. Life is set up so that people will conform. All roads merge towards conformity.

5.33 Conversation could also be considered an element of conformity. We feel we need to speak with others and we seek out social events unconsciously.

5.34 I have come to regard conformity and the want to conform as a form of fanaticism. These people are desperate to find true love and the perfect job and will shoot down the cynic who derides their beliefs. Conformity is a form of fanaticism.



# Potential

6.0 This can be thought of as an economic term to describe the consequences of large scale conformism.

6.1 Conformity helps maximise the potential of the world.

Conformity is the model that the system uses. Conformity maximises the potential of the system. It gives the best return to the system and that is why it is idolized. The system is the world.

Conformity is the model by which the system operates. The ideal system maximises its potential. Potential is its return. For example a computer is the system. It uses Microsoft hardware (the model).

This hardware maximise the potential of the computer for the user.

6.1.1 This is why conformity is adapted for it is the best model for the system to use at present. But if a better model comes along it will be adapted. Potential may not necessarily represent a country. It can represent a business also. The business uses the best model to maximise its potential. Through maximising its potential it keeps employers happy, it makes profit and stays within the limits of the law etc.

6.2 Potential is a term that includes peace, economic growth, employment, income, minimizing suffering, reduction of criminals and more. Conformity helps maximise what is helpful and minimize what is deemed a threat.

6.3 This is why it is covertly demanded to conform because the potential of the world is increased. The potential of a society, country or planet is maximised when maximum conformity is achieved.

6.4 Whereas conformity is a psychological of the individual and collective, potential is the result of that conformance socioeconomically.

6.5 For instance a country that has high conformity in psychological terms will maximise its potential in economic terms because people will wish to work and marry. These two qualities improve the economy of a country if done not by the individual alone but by the collective.

6.6 For this reason governments try or at least should try to incentivise conformity because in doing so they will maximise the potential of the system.

6.7 Capitalism incentivises conformity, communism imposes it and people hate being told what to do and how they should live. This is why capitalism will always succeed because the people are happy with the illusion of power they possess. Furthermore capitalism reaches a higher potential of society than any other system. Capitalism maximises the potential of a society, country and planet.

6.7.1 However if another system came along that outstripped capitalism in terms of potential then that system would be adopted.

6.8 This potential is done unconsciously. The people generally find the best system and adopt it and hence the potential is maximised. The best system is the one that maximises the potential. Communism fails because the government tries to implement the best system and because the people are no longer happy, the potential is reduced.

6.9 The people and more pertinent the majority will choose the system that benefits them the most and hence maximise the potential. The potential is linked to the happiness of the majority.

6.10 Conformity and potential are directly proportional to one another. Maximum conformity will produce maximum potential and poor conformity produces poor potential.

6.10.1 The system instinctively gravitates to maximum potential and the one that maximises the potential is the chosen system.

6.11 The more an individual or society tries to swim against the current, the less conformance that is orchestrated and the poorer the potential economically of that individual or society.

6.12 By imploring conformity man is unconsciously forced to work, to marry, to buy a house, to stay out of jail, to help etc. If every man conformed then he would follow these principles and thus the potential of the world is increased.

6.13 Potential is by no means right or wrong. It is just a socioeconomic response to conformity. There is no right or wrong, but a high potential of a country means that country is conforming more collectively and thus more likely to be a hospitable place to live.

6.14 Potential is vital to countries. For a country to grow economically its people must be willing to conform.

# Suffering Part I

7.0 The consequence of too little entertainment is boredom. A consequence of too much entertainment is suffering.

7.1 This is why Schopenhauer made reference to boredom and suffering. He saw that the pendulum of life swung between both extremes. His view was that we either suffer or we are bored.

7.2 In the midst of trying to avoid boredom, man seeks out entertainment and in the midst of being entertained he sometimes goes too far and suffers because of it. He tries to avoid existential suffering and seeks entertainment. But in being entertained he may bring upon suffering to himself. Suffering is different from existential suffering. Existential suffering is akin to existential anxiety.

7.3 The suffering only comes because he seeks out entertainment and he seeks out entertainment to avoid boredom. The choice is thus boredom or entertainment.

7.4 Suffering can represent itself as breaking the law, it can be addiction or it can be unfavourable opinions of fellow man

7.5 Man can be entertained without suffering though. He can be happy without pain. A man who is bored is not entertained and thus sets out to gain entertainment and as he does so, he passes the time. But he need not suffer due to this entertainment.

7.6 In a healthy society man is free and is born free and what he does with this freedom can cause him entertainment or suffering or both.

7.7 In my view boredom is the suffering that man seeks to avoid and in doing so he often brings on more suffering upon himself. The boredom is the suffering.

7.7.1 But this cannot apply to the free man. He suffers for his freedom in Schopenhauer's case and freedom in itself is not something that one suffers for. It is by being free man does things that cause suffering.

7.8 The free man is born free and perhaps dies in chains because of this freedom to do as he chooses. Because he is free to choose, his choices sometimes lead to suffering.

7.8.1 The liberated man does not have anxiety but because he is free to do as he wishes he may bring anxiety upon himself. In trying to flee existential anxiety/suffering he brings upon himself anxiety/suffering.

7.9 The free man does not have a choice between boredom and suffering. On the contrary the free man must choose between boredom and entertainment and the choice of entertainment carries the threat of suffering. Both can cause suffering.

7.10 What happens is the free man seeks out entertainment but this entertainment is dangerous and runs the risk of labelling or imprisonment or hurt to others.

7.11 So a free man who is bored becomes an alcoholic to pass the time and thus becomes labelled an alcoholic and perhaps damages his liver because of it. He suffers from both the label and the physical damage to his liver.

7.11.1 But he was free to choose to be an alcoholic or not. As a free man with the tool of language he can choose whatever he wants and

he can choose to resist temptation. Alas he chooses to become who he is and a free man can only be the sum of his choices.

7.12 But if one could rewind back the dominos of addiction or criminality or even genius, one would see that the first domino to fall is an intolerance of boredom. That man cannot sit and tolerate his existence causes him to seek out entertainment and as a free man he is entitled to do so. In living as a free man he may achieve a reputation of note or he may soil his reputation.

7.13 As a free man one is given the luxury of choice and this luxury is often abused.

7.14 The jails were full under totalitarianism and they remain full in democracy because men when gifted with a chance of liberty often abuse it.

7.15 In the death camp the inmates fear the guards. In the free world the people fear each other.

7.16 It is a simple choice between boredom and entertainment and suffering is a by-product of entertainment. It is the collateral of the gift of freedom to do as one chooses. In the free world man suffers because he is free to do so.

# Addiction

8.0 We are all addicts. Man is a slave to his addictions. We seek out different qualities of entertainment to pass the time. Every single man, woman and child is addicted to avoiding boredom. This drive is instinctive and one cannot be fully human without it. Conformity is the premier addiction of contemporary man. One does not do anything in life unless one gains from it and conformity delivers its own dose of ecstasy.

8.1 The conformists are addicted to conformity. Relationships and work serve to pass the time in the same vein that heroin passes time for the drug addict. Relationships, work, films, sports teams, conversation all produce identical symptoms within the conformists that alcohol does in the alcoholic. These make one more responsive and feel passion. Everything is an addiction: looks, conversation, security etc. We chase them in another person because they make us feel good within.

8.2 We are all addicted to something. We all use that something to negate the boredom. Some men are even addicted to the solitude.

8.2.1 We are consumed by reality so much that our addictions become the means of escape.

8.3 Addiction is just a chance to flee oneself, to become lost in life and to forget ones woes.

8.3.1 Sometimes these woes are existential anxieties that I have alluded to. Addiction helps you forget your sufferings and your existential anxieties and this is why the mind becomes addicted.

8.4 A relationship is but a means to escape the futilities and angst of life. Because one becomes so embroiled in the other, the realities of existence are suppressed.

8.5 People thus try to give meaning through their addictions. Life becomes about love or work or looking at art and these meanings serve to create the illusion of a life that is worthy. But deep inside a demon screams that there is no meaning. Existence this demon says is nothing and one must try to make the best with who they are and what they have got. They should try to be content with just being alive.

8.5.1 This is in part why man ignores the universe and takes life to be what he sees daily. Drenched in living man is not fully aware of the scale of the dark universe. He does not realize that the planet revolves around the sun and the sun revolves around the centre of the galaxy and that the universe is cold and expanding. He refuses to accept this actuality because it can spawn the existential anxiety and hence can damage his survival.

8.5.2 What we call the sane man is a man who can only see the conformity and he most of all is blind to the truth. He is blinded by his addictions. This is why they are there: To keep his mind active and thus to prevent him from becoming too self-aware.

8.6 It is pretty common for terminally ill patients to realize it all. They come face to face with eternal nothingness and this produces the existential anxiety that is dreaded. It is only when faced with certain death that man realizes his futilities.

8.6.1 But why did this not occur when alive? They failed to see because their addictions, their love, their hobbies and their stresses etc. all served to quash this existential anxiety. What we call life is just addiction after addiction and the surest method of defeating an addiction is to find another. You are your addictions be they good or bad.



8.7 It is perhaps sad that we label the person who sees this. The man who does not chase materialism or who does not conform is labelled as “different.”

8.7.1 We live our lives in a state of denial. Life is work, relationships, laughter and cries. It is not about the insignificance or worthless of it all. It is not about the daily prostitution to achieve. It is not about the angst of a certain death. Life is our addictions. We are our addictions. We escape through them.

8.8 It is desire that makes us human. Addiction is man and man is the sum of his addictions. Often they are unconscious in nature. For example a relationship is just an addiction. It is a commodity like heroin or alcohol that provides service often in the form of pleasure. This pleasure is either emotionally, financial, security or sexual gain or all four.

8.9 Addiction is chemicals (dopamine) infused with memory. The mind remembers. When you are enjoying yourself chemicals are released. The mind wishes to repeat this enjoyment and hence why one becomes addicted.

8.10 Conversation is an addiction. We become so engrossed in conversation from childhood that it becomes an addiction we cannot do without. We unconsciously demand that people entertain us through conversation and hence why articulation is used as the gauge of someone who impresses us. Just as a heroin addict needs a high dose, the common man needs to be entertained by conversation.

8.11 The danger associated with addiction can be attractive. Evolutionary psychology ascertains that the danger associated with two animals mating becomes enjoyable because otherwise they would refuse to mate. Normally an animal would avoid such danger because it can result in loss of life. But the anxiety associated with

danger is turned into something to enjoy. Hence why danger in life is often enjoyed. Gamblers, drug addicts or men who engage in affairs are often aroused by the unconscious danger associated with their addiction.

8.12 The relationship for instance with a friend or parents or partner is just an addiction. It is a means to escape. Everything a man does is an escape. This escape is an addiction.

8.13 It is best to have many addictions because this prevents one single addiction from taking precedent over others. One addiction is like seawater, the more you drink the thirstier you get. To beat addiction one must find another one. A wise man chooses his addictions; he does not let his addictions choose him.

8.14 One must become lost in life to live it. Life is the drug and man its doting addict.

8.15 What would man be without his addictions? No relationships, no television, no sports, no art, no following, no families etc. He becomes reduced to nothing and must face his boredom and very few men can beat boredom.

# Part 2

## Language

1.0 Without language man is not human. The difference between man and animal is language and language alone, not name, face or personality. The reason why the world is the way it is, is largely due to language.

1.2 Language is why we can build skyscrapers, fall in love and follow God. Language enables man to label what he observes. He applies language to his visual field. Our eyes give us the ability to see; language gives us the ability to dream.

1.3 It is also the reason why we can foresee our own annihilation for without language there is no future, no past, no man and no life.

1.4 Language enables us to be creative. We build models of love, of religion and of genius based on language.

1.5 Alas it also enables us to construct a frightening model of existential angst. This angst is the fact that our lives are meaningless and this anxiety is to be negated at all costs.

1.6 The price of language is this anxiety. This reality cannot occur in the animal who cannot speak because they cannot rationalize using language.

1.7 The animal responds to instinct. Man too responds to instinct but he can also rationally contemplate his life.

1.8 So the mind in a desperate attempt to avoid this existential affliction immerses itself in entertainment to prevent this existential voice from becoming too loud.

1.9 Whereas the Lion instinctively hunts the Gazelle, man instinctively seeks out entertainment. He impulsively seeks to conform and he does this to maintain the belief that life is worth living. The animal hunts, man works; the animal sleeps, man reads a book.

1.9.1 Entertainment (conformism) is the instinct of man. He unconsciously does it to avoid boredom.

1.10 It is amazing how the mind both relies on and fears language. Daily existence requires it and one cannot gain without it. But yet the unconscious mind is afraid of its truths. It is afraid of what language can awaken.

1.11 Through entertainment the mind keeps itself afloat on instinct. Just as an animal when it sees danger responds, daily existence for man (conversation, watching a match, reading a book) involves instinctive responses from man to enable him to be entertained.

1.11.1 For instance conversation is instinctive. When having a conversation the mind responds on instinct. The unconscious mind feeds into the conscious mind to give a reply.

1.11.2 There is a link between language and impulsivity. Impulsivity in part is derived from language. One would think that through the tool of language man would become more rational. But actually because he speaks on instinct, often this leads him to act on instinct also.

1.12 Because man cannot tolerate boredom (because of language) the mind pushes man into different addictions of entertainment and they are all done to avoid boredom.

1.13 One of my grievances with language is that there can be no right or wrong. I could assert that God exists; you could assert that God does not exist. You could assert that God does exist; I could assert that God does not. What we are doing is arguing over language and this is ultimately futile as there can be no right or wrong. There are only interpretations and what the individual believes to be his conviction. One's conviction is not more true; it is only more convenient. What is asserted through language alone can be dismissed through language alone. If it is one man's word versus another's, they are both as right as they are wrong. But without language we do not get to argue our convictions. Thus without language there is no argument over God and thus it can be assumed that God is a consequence of language. God is language. If man was man without the ability to speak a lot of things would disappear in the world.

1.13.1 We decide right and wrong to suit our desires. There is no right and wrong with language. There are only interpretations of what is right and what is wrong. An interpretation is a model. The law is a model and by no means final. An interpretation is what is deemed convenient.

1.13.2 The only qualities of substance in this world are those that exist independent of language. Beauty does. Sexual gratification does. Relationships, genius, love, god, marriage, hate, friendship, wrong and right are just qualities that language affords us and without language they would not exist. There is no such thing as people "being in a relationship" if they cannot use language to say to themselves they are. It is a concept created by the mind through the tool of language. God does not exist without language. It is a

concept or interpretation created by our conscious mind using the tool of language. Henceforth they are placebos of our conscience.

1.13.3 Life is relatively simple without language. Language complicates everything but it also solves everything.

1.13.4 The paradox of language: There is no correct or incorrect argument. There is only the individual's interpretation. You cannot prove right and wrong with it.

1.14 One becomes doused in conversation that it becomes an addiction one cannot do without. One when young is drenched in conversation and thus develops social skills accordingly. What one does not realize is that they become social because they are indoctrinated with language from an early age and those who do not develop proper social skills may suffer later on in life.

1.14.1 The person becomes conditioned to conversation. It is an addiction that the mind needs and when it is taken away the mind becomes withdrawn. Language is thus the fodder of the mind.

1.15 Language and visual are both the same. They are two parameters of sensing. One can use language to see; one can read with their eyes. They both can influence the chemicals in the brain and the chemicals can influence them.

1.16 From boredom and language comes the instinctive drive to follow, to speak, to marry and to work. From boredom and language comes conformity.

1.16.1 Deprive man of language and 90% of life as we know it disappears. Man, the world and everything is language.

1.17 Even with language we cannot escape the pattern of conformity. One would think that language with its power would set every man free. In fact it imprisons them like no other animal.

# Identity

2.0 Identity is man's projection to the world. It is his reputation.

2.1 Identity consists of a name, a face, a personality and the opinions of others on him. Together these four things combine to give man his reputation.

2.2 Identity is truly the only thing that man possesses. Everything can be taken from man except his reputation. By this I mean he can be stripped of his clothes and his assets, but his reputation will remain the same.

2.3 We are unconsciously aware of our identity at all times but consciously we are not.

2.4 For example in a one on one conversation you see the person and are aware of them, but you are not aware of yourself being aware of them, consciously that is.

2.4.1 But unconsciously you are aware of yourself and this is achieved through unconscious awareness of one's identity. When you look into a mirror you recognise yourself. If someone calls your name you will respond.

2.5 You are unconsciously aware at all times that this is you and this is what you present to the world.

2.6 What others see in you is your reputation. They correlate a name with a face and they correlate a reputation with a name and face.

2.7 How you perceive others perception of you is an important part of your projection. Do they look upon you favourably or do they demean you or do they ignore you?

2.7.1 This perception feeds into your unconscious awareness of yourself and serves to maintain confidence internally within your psyche. This confidence of your identity when unleashed into the world does make you relax. It is when people look unfavourably at your identity that one begins to feel anxious. When they match your identity with a certain reputation that is deemed negative, they do not look at you in favourable terms.

2.7.2 Your projection to the world begins to suffer and you question your identity.

2.7.3 An honest and remorseful individual will always feel shame for a negative projection of identity and the criminal to be feared does not. He is immune from the shame of identity, the shame of who one is and what one represents.

2.7.4 This is why he may repeat offences for he does not care about his identity when projected to the world.

2.8 Maintaining a positive identity is vital for success in the world because people generally like to only associate themselves with those whose reputation is positive.

2.9 One can change their name and their personality and their face to a certain degree, but their reputation is harder to change. To change how people instinctively perceive them is far more difficult.

2.10 Your identity thus is consisting of your name, face, personality and peoples external perception of you. Reputation is an instinctive label that people will apply to your name/face.

2.11 One method of avoiding having a negative reputation is to avoid people altogether. If you do not know the person they cannot label you.



2.11.1 In order for one to be labelled, a person attaches the reputation to the name and face. So consequently if people know your name and face but don't know your reputation they cannot label you. Alas the opposite is true. If they know your reputation but don't know your name/face they cannot label you. You cannot label a person who does not exist in your world.

2.11.2 There may be 7 billion people in the world but because you do not know them and they do not know you, they cease to exist. You cannot picture someone you don't know. Essentially your world consists of the people you know and those who impinge on your life.

2.12 This is a trait solely of man it must be stated. Animals because they lack language cannot develop an identity. Man recognises another through identity; the animal recognises the other through sight and smell.

2.13 This is why criminals cover themselves up. Knowing their name and their reputation is not enough to identify them. You must know their name, face and reputation to truly know them.

2.14 It is through knowing a personality that you assign a reputation. A person may know the name and face of an individual, but on learning their personality they assign the reputation to them. Personality helps formulate reputation.

2.15 The fear of being known is thus frightening. To be known within your circle of friends leaves yourself vulnerable to their opinions of you. The price of friendship is opinion. To be known by the whole world, as in to be famous or infamous is extremely dangerous, for the whole world will make perceptions of you. To be known is to be condemned and to be condemned is to be known. To be known is existential suicide.

2.16 To the animal he sees others as food, friend or foe. Man tends to see other humans in the same vein. The other is either a friend or foe and all these labels we generate to give a reputation can fall under friend or foe. For example a husband, a doctor, a shop keeper etc. falls under the friend bracket. A criminal, a bully or a cynic may fall under the foe bracket.

2.16.1 My point is that we have all these labels for different types of people when in fact these labels can be split into two categories: Friend or Foe.

2.16.2 This acceptance/rejection is done on instinct also. It is done unconsciously. One casually accepts that the person sitting next to them on the bus is a friend. They assume it unconsciously.

2.17 When man's reputation takes a hit this feeds into his identity and influences how he feels. Does he feel guilty or does he feel nothing?

2.18 Man when self-aware of his identity within the universe becomes anxious with the lack of meaning and thus strives to give meaning to his identity (his life). This is why he follows.

2.19 One has an unconscious awareness of their identity at all times. The proof can be observed when a person formulates an online persona on an internet forum for example. They make an alias and assume that alias as their identity on the forum.

2.19.1 Naturally and by that I mean unconsciously they assume the alias is representative of them. So if they are personally attacked they will feel demeaned as they would in the real world.

2.19.2 But in reality they should not because their full identity is not known. Their name, face and reputation are hidden and all that is revealed is an alias and yet they unconsciously strive to build a personal relationship with that alias.

2.19.3 It proves that identity is unconsciously received at all times and this has a huge effect on how man portrays himself to the world. The mind is an organ and just like the heart has valves and muscles, the mind has different components all working together. One of these components is identity.

2.19.4 If he has a strong awareness with his identity (strong identification) he will seek to maintain a positive reputation for that identity. If he has a poor awareness of his identity (weak identification) he will not place much emphasis on who he is and thus is more likely to either not conform or to engage in criminal behaviour.

2.20 Because of the mask of the internet, it is therefore a good portrayal of man. It can show man for what he really is.

2.21 One's self-awareness is unconscious and it should be in a healthy individual. Those who suffer psychiatrically have become too self-aware of their identity. A self-aware identity exists on two terms: Either you feel shame for your identity or you feel nothing for it as in existential anxiety renders you obsolete psychologically. The mind of a psychiatrically healthy individual does not worry about these problems for it is far too engrossed in living to acknowledge itself.

2.22 One cannot empathize with those they do not know. They cannot empathize with those whose identities are unknown to them. That is why the deaths of thousands of people every day has no bearing on the individual. It is only the deaths of those close to him that causes distress.

2.23 The unconscious awareness of who we are serves to endeavour us to give more to our lives than we should. That we are unconsciously aware of our identity feeds into our consciousness and further gives meaning to our lives. The mind almost feels that it

deserves to have meaning through having an identity. People only think in terms of the individual because they are programmed in such a way to maintain survival from evolution. The reality is more insidious however. We are all the same. We are all irrelevant. We are all money.

2.23.1 It is said that psychologists cannot predict what one person will do; but they can predict what millions will do. This is a sad yet visibly realistic truth.

2.24 Identity is an organ of the mind. Unconsciously one is always aware of who they are. They are aware of their name, face and reputation. The face is an organ of the mind and likewise one's individual identity is an organ of the mind.

2.25 We really are not much different but identity gives us the illusion that we are. People are replaceable, it's just the names and faces are changed. Identities are actually irrelevant. What matters is that you have one that you believe to be unique.

2.26 People naturally assume they belong to the country they grew up in. Their chosen country becomes part of their identity just as their sports team or partner does.

# Labels

3.0 A label is an opinion. It is a judgement bestowed on another by the individual. One cannot be nothing in life. One must be something and that something is a label. Every act has a label: You like it, dislike it or ignore it.

3.1 Whereas the animal can only deal with symbols (Friend, Food or Foe), man has the benefit of applying additional features to these symbols.

3.2 These additional features are labels. Labelling is not just language. It is language coupled with visual representation.

3.3 Labels are a consequence of language. You cannot use language and not label. Everyone in your life regardless of whether they are real or in the media is labelled by you in some way of form.

3.3.1 People strive unconsciously to be positively labelled and try to prevent negative labels.

3.4 Often these labels are unconscious in nature. So someone held in high esteem is respected and that is the label you give. But it is done unconsciously and because of this unconscious label you may attribute more attention and time to that person than someone who is not respected.

3.4.1 People cannot but unconsciously label what they perceive and this labelling can be hurtful. To be known is to be condemned because people will invariably label.

3.5 One can also label someone negatively in an unconscious manner. For some reason a person may not get along with another and they attribute a negative label to them.

3.6 When one really respects or detests an individual that label goes from the unconscious fragment of the mind to the conscious part and thus one says to themselves that they love or loathe the individual in question.

3.7 Man cannot exist and not label. He labels everyone he sees unconsciously if not consciously.

3.7.1 Unconsciously man strives to maintain what he deems favourable labels of himself. In the same vein that he labels another person “good,” he is implored to try and achieve that label within his own identity. The free man is a slave to opinion.

3.7.2 Generally all labels can fall under three headings: Acceptance, Rejection and Ignorance. Ignorance is a subdued form of acceptance/rejection and most people within the world are ignored. This is called Labelling Theory (LT). Every human to human interaction involves this type of game theory. We unconsciously fear the other person labelling us inappropriately and this is what in part keeps us moral.

3.7.2.1 Whenever we meet someone we engage in this unconscious Labelling Theory with them. We fear being labelled negatively by them and they fear being labelled negatively by us.

		Individual A		
Individual B		Rejection	Ignorance	Acceptance
	Rejection	O	X	X
	Ignorance	X	O	X
	Acceptance	X	X	O

3.7.3 One cannot be nothing. They must be something. They must be labelled.

3.7.4 Because one must label we suffer from a Labelling Anxiety (LA). This is the unconscious anxiety associated with humans in response to humans. We are unconsciously aware that other humans can label us and this gives birth to a Labelling Anxiety.

3.8 It is the fear of labels that drives morality in men. The fear of being shamed by society and the media causes him to conform. The Labelling Anxiety makes him wilt.

3.9 Thus man goes after particular labels in life to improve his esteem and confidence. He chases success, marriage, work and family purely so he can achieve good labelling by fellow man. He tries to achieve good labels to improve his identity within the world. He needs good labels to achieve a good reputation.

3.9.1 This in turn drives conformism within society. Conformism is driven by both the need for positive labels and the fear of negative ones. But man is far more complicated than the labels bestowed on him. A man may be a scientist but has his own private life coupled with its desires and fears. The label just serves to enable us to categorize people we know. Are they friends or foes?

3.9.2 The world unlike labels is not black and white it is infinite shades of grey. The label a man has is a basic representation of him and not a true representation.

3.10 Labelling is a consequence of language and is thus a unique quality among man. The problem is though that we must label everyone in our world. But in labelling man you negate him. This is a fear that pollutes man's psyche. The fear of being labelled negatively can cause such distress to the mind.

3.10.1 The world cannot but help label, it is a consequence of language (words plus visual) and evolutionary psychology in that the animal applies symbols to other animals it sees. Humans just add language to these symbols to become labels.

3.11 Because of these negative labels man becomes filled with dread and can no longer face his identity being known because this reputation is negative.

3.12 Labels are very powerful in this regard. It is a tool the conformists use to attack those who have stepped outside the mark and it is powerful.

3.13 You cannot use language and not label. Labelling is the side effect of language. Segregation and labelling causes so much damage. But the only method of negating labelling is to negate language. It is impossible not to be labelled in life.

3.14 A man who is known is condemned to be labelled. It is the price we must pay to subdue the boredom. To be known is to be condemned because to be known is to commit existential suicide. It is to leave yourself open to the opinions of others.

3.14.1 People are in a bind. On one side of the equation, education has made them slaves to other people. They are dependent on other people for their nourishment. On the other side of the equation, these people who they rely on for their substance are the source of so much anxiety in life. It is a battle that never ceases unless one chooses to go alone.

3.15 The only way of not being labelled is to not exist.

3.16 Identity is how you view another human. Their face instead of individual atoms becomes a symbol. Their name instead of being individual letters becomes a word. Their reputation is then added to



these two things and all three combine to give identity and often this unconsciously strives to make man deem himself greater than he actually is. It is actually language that gives meaning to man and this is the consequence of language. The mind either gives meaning through entertainment or it finds there is no meaning through existential anxiety.

3.17 If you wish to be free I would suggest you minimize being known. If you are not known as in your identity is not known, then you cannot be judged.

3.18 Marriage and work fall under positive labels and this is why they are chased. This is why we conform because the labels are deemed worth following.

# Image

4.0 Man is haunted by image. He is poisoned by the opinion of others to the point that he models his projection (identity) on the will of others.

4.1 Image is man's self-awareness of his identity and his reputation.

4.2 In order to have a good identity and positive reputation man looks in the mirror and sees his image. He tries desperately to maintain a good image within his world.

4.3 Image is both what man sees in himself at present and also how he would like to see himself in the future.

4.3.1 Unconsciously he is haunted by image. Unconsciously he strives to conform to achieve a desirable image. He is led blindfolded to the firing squad daily.

4.4 Man adjusts his life to the will of image. He is held ransom by it. He wishes to do many things but the fear of a poor image, the fear of being labelled prevents him from doing so. Men and women are moulded by image and the want to be more desirable. It makes them feel good and hence why they invest heavily on their appearance because it is an addiction.

4.5 Man dives into conformity to appease his image. Image is the great driver of conformity. That the male and female do not wish to be negatively labelled, they tend to follow the route of conformity to maintain their image. Image is the great component of marriage. We marry to improve our image.

4.5.1 We engage in a behaviour known as Image Oriented Darwinism (IOD). We are enthralled in a cat and mouse game of improving our image. Our lives are not lived but rather expended on

this obsession with image. It is an addictive way to live because one must always strive to keep improving their image. Enough is never enough. More is always demanded. People then feel depressed when they fail to project a desirable image.

4.5.1.1 We compete against others for a good image. We are envious of others who have a better image than us. We are imprisoned by our own want of a better image. This is narcissism infecting our conscience.

4.5.2 IOD is a subtype of Entertainment Theory. Image is a form of entertainment.

4.5.3 Evolution makes us slaves to desirability and education assuages that desire further.

4.6 This is done unconsciously it must be stated. The instinctive fear of being labelled negatively by others programmes us to unconsciously seek to have a good image, which in turn unconsciously implores us to conform at all costs because conformity can give rise to a good image.

4.6.1 Conformity is thus kept alive by both the male and female. The want to conform is strong in both. Man does not wish to be labelled negatively and thus in order to be labelled positively he turns to the template of conformism.

4.7 Conformity is driven by image and image is driven by friendship, family, the fear of the media etc.

4.7.1 It is the fear of being labelled by those who know you that strives to unconsciously force you to conform.

4.7.2 The fear of being negatively labelled by the herd in turn instructs you to mimic the behaviour of the herd.

4.7.3 A closer look at the younger generations and you will observe that they desire two main things from life: Work and Marriage. But work and marriage are just common terms for what we call conformity. The youth are unconsciously programmed to conform through image and labelling it must be said.

4.8 Image (the fear of opinion) is the fuel of conformity and thus the fuel of economies. The unconscious desire to be among the majority and not the minority is extremely strong.

4.8.1 We unconsciously chase conformity because we are unconsciously aware that a good image makes us more desirable. Man thus responds to conformity as the plant responds to sunlight.

4.9 Mans fear is that of being labelled. This fear then compels him to achieve a desirable image and this image is more often than not gained through conformity.

4.10 Conformity is thus how we have come to live in life. It is how the collective has adapted to being human. Through conformity man negates boredom. Through chasing image he entertains himself and maintains a positive reputation.

4.11 The mistake people make in life is they set out to reach the goals of conformism. They assert that they will not be happy till they have achieved marriage and work. It is a poisoned way of living but a way that works.

4.12 The obsession with image is unconsciously driven. This obsession manifests itself in the desire to make oneself more desirable. Image pollutes. It is an addiction we cannot suffice because like all addictions enough is never enough. Addiction must be understood as a loop that goes around and around.

# Emotion

5.0 In order to enjoy life one must be entertained, because as was earlier said man cannot tolerate his boredom. But in order to be entertained man must find substance within that entertainment. He achieves this through emotion.

5.1 Just as gravity gives matter its dimension and its order, emotion allows entertainment to be enjoyed. Emotion gives entertainment its substance.

5.1.1 Humans cannot but help be emotional and often decisions are formulated on this emotion because it is guided by the unconscious mind.

5.2 The animal cannot be emotional for it cannot use language and thus language is the key to human emotion.

5.3 Through growing up man learns empathy and how it is important for life. He learns to empathize unconsciously with fellow man.

5.4 All the entertainment in the world would account for nothing if man could not respond emotionally to it. But this response is unconscious and it is either honest or not. By this I mean an individual either is emotional or he is not. Conscious emotion is cosmetic emotion. It is emotion that is acted rather than an actual unconscious response of the individual.

5.5 Entertainment relies on emotion to be of substance and thus conformity relies on emotion to work. That man becomes emotional in response to a relationship, watching a film, death, religion, work and conformity etc. serve to force him to seek out these entertainments or addictions.

5.5.1 Man will not seek out these entertainments unless he enjoys them and he will only enjoy them if he is emotionally involved with them. If he does not gain from the entertainment he will not seek them out.

5.5.2 Thus businesses and economies are dependent on the emotional man for their success. Conformity is entertainment and entertainment requires an emotional connection from the individual who seeks that entertainment. Therefore conformity is plagued with individuals who are emotional.

5.5.3 We are addicts of emotion. We are addicted to getting high from being emotional and as such we feel deflated when we are not emotionally vindicated.

5.6 The individual who lacks emotion with regards the world, the individual who is cynical with regards the world and the individual who questions the world refuses to be emotional and refuses to buy into the entertainment mantra.

5.7 Anhedonia is a psychological phenomenon that describes the loss of interest in the world in its entirety. Those who suffer from it have lost their emotional capacity for the world and cannot function. They stubbornly and unconsciously refuse to empathize with society and the reasons for this behaviour have its roots in existential anxiety.

5.8 Entertainment in itself is redundant unless the individual can connect with it. The individual must discover an addiction in the entertainment and this is achieved through emotionally connecting with it.

5.9 The sports teams, the religions, the artists, the relationships etc. all depend on this emotion to succeed. A man without emotion is a

shadow of society and struggles to function in it. Too long spent in the shadow harbours a shadow.

5.10 Because of emotion people seek to vindicate their choices or beliefs. So one football team is better than the other; or one partner is more desirable than the other. Emotion generated in the unconscious mind feeds into the conscious mind and influences it.

5.11 Because of emotion and identity we form attachments with others. The unconscious awareness of who one is strives to put greater emphasis on the attachment than is actually warranted and emotion adds to that attachment. For example my name is John, my face is unique as is my personality and thus my life is unique. However we are all the same. We are all replaceable and we are all irrelevant. But emotion coupled with language and identity serves to make us feel more important than is actually warranted.

5.12 Emotion and logic are opposite ends of the spectrum. It's a trade-off. If you have one the other loses out. If you are too emotional you do not think logically. Too much logic and you lose out on the emotional side of things. The two extremes are the most dangerous qualities to society. Extreme emotion leads to fanaticism; extreme logic leads to apathy.

5.12.1 If one is too emotional they are fanatical. If they are too logical they are apathetic.

# Following

6.0 A man follows for three reasons: To negate boredom, to obtain a desirable image and because he is emotional. Emotion also allows man to enjoy what he follows. One of man's greatest vices is following. He follows because he is emotional and he is emotional because he has been engrossed in language and socialization from an early age.

6.1 By following I mean that one attaches oneself to particular addictions in life with the purpose of being entertained.

6.1.2 We follow because we are bored and in following we often become desperate.

6.2 Thus people build up rapport with a religion, a sports team, a person or maybe a drug. They are all addictions and they are all followed and man develops a personal relationship with them.

6.3 The most important relationship one can possess is with oneself. If one accepts their place in the world, if they build up a personal relationship with themselves in the world they will be all the happier. They will discover solace in the simple things in life.

6.4 Unfortunately the world seeks out personal relationships with commodities in life. Their happiness is based on external entertainment and external entertainment manifests itself in terms of relationships, religions, sports teams, famous people (addictions) etc.

6.5 People thus follow these things to be entertained and being emotional means they gain pleasure from following them.

6.6 They follow to be entertained and they are entertained to alleviate boredom.



6.7 Thus following is a natural consequence of man who can speak. Man cannot but help follow and he does so to be entertained.

6.7.1 It explains why if someone you do not know dies, one feels nothing. If a family member or friend died they would feel emotional because they had built up a personal rapport with that individual. It also explains why a famous person accumulates fans because they build up a personal relationship with that famous person.

6.8 This explains why the masses buy into the idea of sports teams and religions for example. They do so to have a means to live as in both these disciplines of life give meaning to their life through entertainment.

6.8.1 The problem is that we take them too personal. A man who is Christian develops a personal relationship with that discipline and dismisses all other religions. A man who follows a certain team contends that they are the best and the other teams are not.

6.9 Businesses and economies are founded on following. That man formulates a personal relationship with a discipline means he will be prepared to spend money on it to be entertained.

6.10 But we only build up personal rapport (follow) to avoid boredom and we follow unconsciously. What a man follows is irrelevant and he is only doing so to be entertained.

6.11 One problem is that man builds up such a personal relationship with a certain discipline that he labels other disciplines as wrong. He does so because he is emotionally convinced his convictions are right. So the other religion is derided and the other team is demeaned purely because man has a personal relationship with his own addiction and follows it to the death.

6.12 Man follows his addictions and does so because they entertain him. He consciously says he believes his addictions, but unconsciously he follows them because he is bored.

6.13 He also unconsciously attests that because of his identity and that he believes he is unique that his personal relationship is justified. Man consciously thinks that he is alone in his uniqueness when in reality there are numerous men like him who all follow the same addiction.

6.14 If there only was one man, that business or economy would not succeed.

6.15 Man is thus programmed through his identity to unconsciously believe that his personal relationship with an addiction is unique. He fails to see the many men who mimic the relationship.

6.15.1 It is based on this flaw of man's psyche that businesses often make money. They appease the masses and in doing so they convince the individuals in those masses that they are unique and highly regarded.

6.15.2 Man's personal relationship endeavours to make him feel unique within the world and because of this he is blind to the many men who think the same.

6.15.3 Man is a cog in a wheel that contains many cogs and nothing more.

6.15.4 He unconsciously uses the fact that he has a unique identity, with a unique reputation, coupled with a unique emotional response, coupled with a unique following to convince himself that he is special within the world. When in fact there are many of him just living a barren life of repetition.

6.16 Individually man is nothing. Collectively man is worth money.

6.17 Part of the reason the collective are kept appeased is through giving them addictions and allowing them to expend energy in following those addictions.

6.17.1 Man's freedom is thus an illusion. Conformity has him chained down by the ankles and opinion has his hands tied. That he has a unique identity, reputation and following serves to taint his mind with the illusion of freedom, free choice and that he is special. He unconsciously convinces himself of his standing in the universe and in doing so gives meaning to his life

6.17.2 The lives of men are repeated century after century. His identity convinces himself unconsciously that he is special. Man is just repetition and deliberate blindness, for he refuses to accept that he is the same as another.

6.18 Following is done on instinct and it is done to add fuel to the illusion of meaning in life.

6.18.1 Fanaticism is the most dangerous following of all.

6.18.2 To suppress a following develop another one.

6.19 For example imagine if no one dared to follow. Their lives would become boring pretty fast. Every addiction is followed personally and gives man his meaning. Relationships, religions, sports teams etc. all serve to enable man to follow and have a corrupted meaning in his existence.

6.20 Man through the collective of his addictions unconsciously labels himself unique. He accepts because of his addictions coupled with his identity that he is unique when all he really is, is an animal that can use language.

6.21 Anger can be a consequence of following. When that which we follow or have a personal relationship with does not deliver we are prone to bursts of anger or depression.

6.21.1 The mind seeks to protect itself with regards its personal relationships. When this following or personal relationship falls apart it can respond in either depression or anger.

6.21.2 This explains why when an individual's football team is doing poorly that the fans get hostile. They have a personal relationship with the club. When the club does well they feel good. But when the club does bad they feel bad (the addiction does not deliver). The mind has a choice in its reaction to this action: Depression or Anger.

6.21.3 This explains why people are furious when a loved one breaks up with them for they are being deprived of their addiction. True love is an addiction.

6.22 We follow because we are desperate and we do desperate things in the name of following. We are desperate to find meaning and will desperately follow that which gives due meaning.

# Segregation

7.0 The consequence of following is segregation.

7.1 That the individual labels himself under one heading unconsciously means that he classifies others who he deems different under different labels.

7.1.1 The biggest label is conformism which is the label of the majority and anything that deviates from that template is labelled accordingly. Man cannot but label what he observes.

7.2 The unconscious label of the individual coupled with his identity strives to make him label others who he deems socially disparate.

7.3 Thus a privileged man will label himself “upper class,” whilst those who live in poverty are labelled “lower class.”

7.4 Segregation is a consequence of labelling coupled with following. One man follows one thing, another man follows a different thing and thus they segregate each other accordingly.

7.5 Man builds up a personal rapport with one addiction and labels another addiction negatively because of his personal rapport.

7.6 If man did not follow himself he would not label others. But this is very difficult to do as a man must follow and he does so to negate boredom.

7.7 The animal segregates based on Friend, Food or Foe. Man applies labels to these responses. A friend is a partner and a person who follows a different addiction is a foe.

7.8 We are still animal in nature and we use conformism and following to mirror the animalistic method of labelling.

7.8.1 You follow one thing as does your “friend.” But your “foe” follows a different thing. You naturally differentiate between friend and foe and this is segregation.

7.9 Even despite language and the ability to think rationally, man still divides.

7.10 You unconsciously label yourself and this is coupled with your identity to give meaning to your addictions. However you label those who diverge from your label.

7.11 So man wishes to avoid boredom. He does so by being entertained. He is entertained by his addictions. Through his addictions he is aware of his identity. His addictions and identity serve to make him follow. Through following he labels himself and others, and because of this he segregates others.

7.11.1 From labelling comes following, from following comes conformism and from conformism comes segregation. Man is thus either one of three labels in life: A conformist, a non-conformist or a criminal.

7.12 Another person is just a label you either accept or reject. Your own football fans are labelled Friend whilst the rival football fans are labelled Foe. One does this because they have unconsciously labelled themselves. One’s label is just the addiction they follow.

7.13 People thus will believe that what they follow is more right than what the other follows. There is no right and wrong just the convictions of the mob. Like Dostoevsky said:  $2+2=5$  if you believe it so.

7.14 The first domino of segregation is labelling. Without a label there can be no segregation.

7.15 There is stigma associated with segregation. We either adore, ignore or stigmatise those who we encounter in life.

7.16 99% of people are conformists and want to see conformism.

# Suffering Part II

8.0 Because of segregation brought upon by labelling man causes suffering to others be it physical or mental.

8.1 This suffering differs from existential suffering because that suffering was the individuals response to his environment and his awareness of his existence. The suffering that is discussed now is done to an individual by an individual.

8.2 For instance those involved in sectarianism segregate based on religion and attack the other purely because one individual or group is a certain label whilst the other individual or group is the other label.

8.3 Sports is dependent on this segregation and suffering. One team wins at the expense of another.

8.4 Man actually gains pleasure from seeing his label succeed and the opposing label suffer. To be entertained sometimes means others must suffer.

8.5 Economies of the world are reliant on this segregation and suffering done at the hands of individuals.

8.6 It all converges back to boredom. If man could tolerate his boredom he would have no need to label and no labelling leads to no segregation and no segregation will not produce suffering.

8.7 Segregation and suffering provide a thrill for man and that is why he follows both. That is why he uses them as addictions.

8.8 So those who fall into various groups convince themselves that because of their identity and its perceived uniqueness that why they follow is an honest representation of their being, when in fact they



are following because they have an addiction and they can only have an addiction because they are bored.

8.9 For instance people naturally assume because they were born in a certain country that they have an almost patriotic virtue to stand up for that country in question. This is why the football world cup stadiums are full to capacity and why men are prepared to die in war. The country of birth becomes part of their identity and thus they unconsciously align themselves with its fortunes. People should not deal in countries or colours of a flag. We are all just species of a planet.

8.9.1 It just is, that man segregates and is compelled to follow unconsciously and because of this economies thrive.

8.10 Following is a cancer. One should only follow themselves. They should not follow for the sake of following. They should not follow relationships, religions, sports teams, governments because everyone else does, but rather because they fully believe in it.

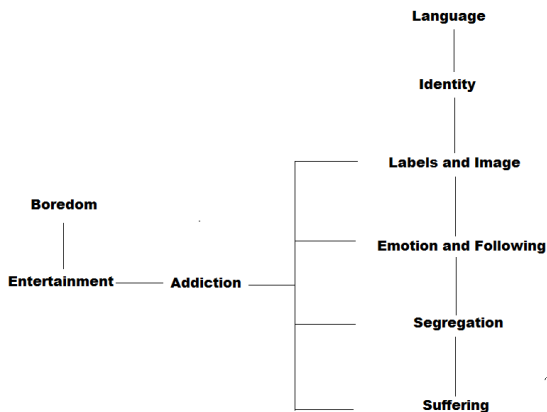
8.11 However very seldom do men not follow. It is not done because lack of following leads to an empty life and the feeling of a wasted existence.

8.12 The price of following is suffering. Because of following we segregate and in turn harness groups, that compete against one another and winners and losers are spawned. If there was no segregation there would be no groups and thus no suffering.

8.12.1 But given the complexity of human life I do not believe that men can all work together. I believe segregation is a natural consequence of human existence. Man looks at himself and looks at others and adjusts accordingly.

8.13 By this logic suffering is an inescapable fact of human existence because in order for man to be man he must segregate and a by-product of that segregation is suffering.

8.14 This is done unconsciously. If man used his rational thought he would not segregate. But man is emotional and often his decisions are manipulated by this emotion.



# Choice

9.0 Man is defined by his choices.

9.1 We are so engrossed in living, in conformity, that we cannot question our existence and more importantly our decisions. People spend too much time living that they do not dare question why they live.

9.2 Life is like a conversation. Two people, Person A and Person B sit opposite each other and converse. Person A says something. Person B must respond on instinct to what Person A said. The response is demanded in mille-seconds and Person B does not have time to consciously make an answer. So where does the answer come from? It comes from his unconscious mind. His unconscious mind dictates the tone, the theme and the nature of the response. Now you apply this to every single facet of existence and you can see how the unconscious mind influences daily activity.

9.3 Man is not consciously aware of why he chooses. Man knows what he chooses but he does not know why he chooses. Man knows what he wants but not why he wants.

9.4 The world seems dependent on this quality. It is dependent on the scores of men acting unconsciously to the stimulus we label life.

9.4.1 They unconsciously conform without realizing it. They do not conform for its sake or because it is the correct thing to do. They conform because their unconscious mind implores them to do so. They think they are in control but it is unconscious in drive.

9.5 Choice is an illusion. It has been decided long before you live how you will live. Man is chained to conformity and its chains are so long that he believes he is free.

9.6 The smart man is aware of this and uses it to his advantage. He knows the majority of the world conform and manipulates this weakness.

9.7 Man is responsible for his own choices, but if most of the choices are dictated by the unconscious he is not in control and because of this man is still an animal and very few men exist.

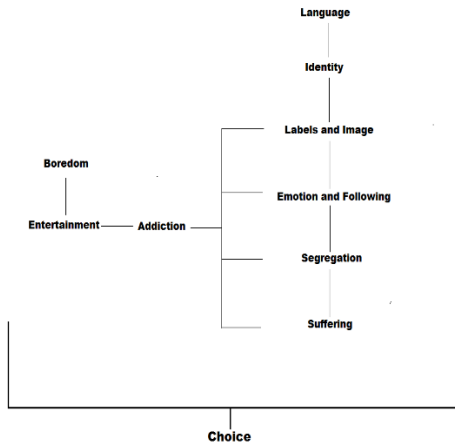
9.7.1 Humans are gifted with language but very few use rational to its effect. They instead make choices on emotion and choices based on emotion are dictated by the unconscious. It is often the consequences of man's choices that make him think and not the chosen choice itself.

9.8 An intelligent man is not an academically gifted man nor a man with a sizeable amount of money secured. An intelligent man is a man who understands his choices.

9.9 Man cannot determine the choices but he can determine which choice to choose. To every action there is a reaction and man's choice is his reaction. Man cannot dictate the world but he can dictate his response to the world. Man's choice is his reaction to the world's action.

9.10 The goal of existentialism in psychology is to make a man consciously aware of his unconscious choices. Existentialism is more than a philosophy or psychological therapy. It is a state of being, of awareness and of accepting yourself and your anxieties.

9.11 A free man should not fear freedom only its consequences.



9.12 We are predictable often because of so few choices to choose and not because we have the same personalities. For instance take a turtle rocking on its back. A person who comes upon this event can either A) Help the turtle back to his feet or B) Ignore it. Those are the only two choices and hence a pool of people will only get to choose between those two choices. The reason why people conform is because it is the most attractive choice. It is either conform, non-conformism or become a criminal and they choose to conform out of unconscious fear.

# Existential Freedom

10.0 Existentialism endeavours to set a man free. Man shouldn't be addicted to anything except the calm delirium of his own freedom.

10.0.1 Man becomes free if he can tolerate his boredom because in doing so he tolerates his suffering. Existentialism teaches man to accept his suffering.

10.1 Through becoming more self-aware of his existence, his mortality, his insignificance in the universe and most importantly of himself, he sees a truth in himself.

10.2 Existentialism is thus more than a philosophy; it is a state of being: To be existentially aware is to accept ones self for who they are. One almost suffers from existentialism. It is a psychological disease of thought, but a disease that can reward if properly applied.

10.2.1 Through acceptance of who they are, their weaknesses, their failures, their strengths and their glory, they reach a state of salient calmness within themselves.

10.2.2 Existentialism is freedom and to be existentially aware can free man from the shackles of conformity. It is love for oneself.

10.2.3 Existential happiness is not the result of an addiction. An existentially happy person wakes up content and does not need entertainment to provide happiness and this is the profound difference between the two types of happiness. One happiness is dependent on external sources whilst one is internal. One is chased while the other just is. Existential happiness is gratitude.

10.3 To be existentially aware means being able to determine why you choose and not just what you choose. This man knows why he

is choosing and this knowledge helps spur him to live a more cherished life.

10.3.1 To become more existentially aware is to become aware of your unconscious decision making and that is all I ask of man. That he looks into his heart and asks is this what he truthfully wants. To become existential means man starts to love himself and cherish his finite existence and he then decides that the most important thing in life is to love life.

10.4 Existentialism teaches you to love. It teaches you to love the world despite its suffering, to love your friends and family despite their flaws and most pertinent to love yourself despite the meaningless of it all.

10.4.1 This love is different from the romantic love that novelists write on. That love involves materialistic gain and is based on happiness, as in the person will not love the world and themselves until they are happy. It is love based on the destination not the journey. The love in existentialism is based on the journey because if you love the journey you will love the destination. To discover love at the destination you must find love in the journey.

10.4.2 The existential man will love regardless of success or failure, love or solitude, money or homelessness. The existential man does not get up every morning and venture out to find success. No, the success is waking up every morning. The existential man wakes up happy whereas the common man wakes up to go out and find happiness.

10.4.3 A man can retreat into the solitude and forego conventional living, but as long as he is happy, he is living. Far too many men have died than lived. Existentialism teaches one to love the world, to love their friends, family, to love existence and most of all to love

oneself. Do not live to live but rather live to love and you will live. To discover life, one must become so hopelessly lost in it.

10.4.4 Existentialism also teaches one to be prepared to change their views. It teaches them to not be slaves to their unconscious beliefs.

10.5 Arthur Rubinstein once said: That if you love life, life will love you back. This is how man should live.

10.6 The opposite to conformism is existentialism. The materialistic man is dependent on external sources for gratification. His happiness is commoditized. The existential man is happy from within. If the materialistic man lost everything he would suffer. If the existential man lost everything bar his reputation, he would not care.

10.6.1 One can never be happy if their happiness is materialistic. It is a false happiness. It is a cosmetic sense of security. It is an illusion.

10.6.2 It is the man who can handle his own boredom and existential anxiety that is happy.

10.6.3 Man externalises his happiness. He bases it on image and his projection to the world. But happiness through existentialism is internal as in one should feel happy within themselves.

10.6.4 Conformism (materialism) teaches that happiness must be bought, earned or worked for. Existentialism teaches that happiness comes from within regardless of who you are and what you have done. The only happiness one finds when they reach the destination, is the happiness they brought with them.

10.7 Life is to be loved not lived because in loving life you will live it regardless. If one goes out to live or to gain happiness, it rarely is



achieved. One should go out to love and to be themselves and through that they will live.

10.8 Life is thus not meant to be understood, it is meant to be loved. Although man realizes through language that ultimately there is no meaning, he can still love and achieve meaning through this love despite the anguish of a certain death.

10.8.1 Life is like art in that if you try to understand it you will not enjoy it.

10.9 Psychology is the most dangerous tool a man possesses because he begins to understand himself finally and through knowledge of himself he sets himself free. Existentialism is the knowledge that man cries for.

10.9.1 By teaching a man to be knowledgeable of his choices he escapes the unconscious drive to be entertained, to conform, to be obsessed with image, to follow and to segregate. Teach man to see the universe and you will free him.

10.10 What is the difference between conventional man and the existentially aware man? Simple: Two calm men are led to the firing squad. One is led blindfolded while the other is not. One is ignorant to his fate; the other has accepted his fate. That is the difference.

10.11 A man can improve but he cannot change. Existentialism tries to improve man and not change him. It does so by making him more consciously aware of his unconscious choices. The will of the unconscious cannot be altered, but it can be controlled. Decisions should be formulated on intellect not instinct.

10.12 “Look into yourself and you will discover,” said Jung.

10.13 If you lost everything except your reputation could you survive? If the answer is yes, that is your freedom. That is your existential freedom.

10.14 Existentialism should be used as the barometer of intelligence. Such a person may be rich or poor, educated or not, but if he understands man and understands himself, why he lives and why he chooses he may never fear the world. For what the existentially aware man loses in enjoyment and emotion he may gain in knowledge.

10.15 Existential Freedom is the conscious awareness of your unconscious choices. We spend too much time talking and not enough time thinking. Man is not afraid to talk but is too afraid to think.

10.16 To surmise: Freedom is the acceptance of ones boredom. To tolerate your boredom means to tolerate oneself and the only free man is a man who can tolerate his boredom.

# Part Three

## Healthy Individual

1.0 What we label a healthy individual is someone who conforms and conformity is the addiction of the majority. Using this model that I have suggested I will attempt to show how the majority conforms.

1.1 The conformist tries to flee boredom as all men do. He is aware of himself unconsciously and others consciously through language and identity. He seeks out entertainment in the form of friendship from a young age. Because of this friendship he is immersed with (Image), he unconsciously is driven to behave in a certain manner (he seeks out certain labels). Because he is emotional and under the guidance of labels, he follows. What he follows is conformity.

1.1.1 He grows up immersed in conformity and thus consequentially is unconsciously compelled to continue that cycle, convinced all the while that he is making a conscious choice when in fact it is unconscious in nature.

1.1.2 Conformity feeds conformity and men are blindly led to repeat it.

1.2 Man thinks he is in command of his life when it has been unconsciously decided from an early age how he will live.

1.3 The choice is in fact unconscious in its mechanics.

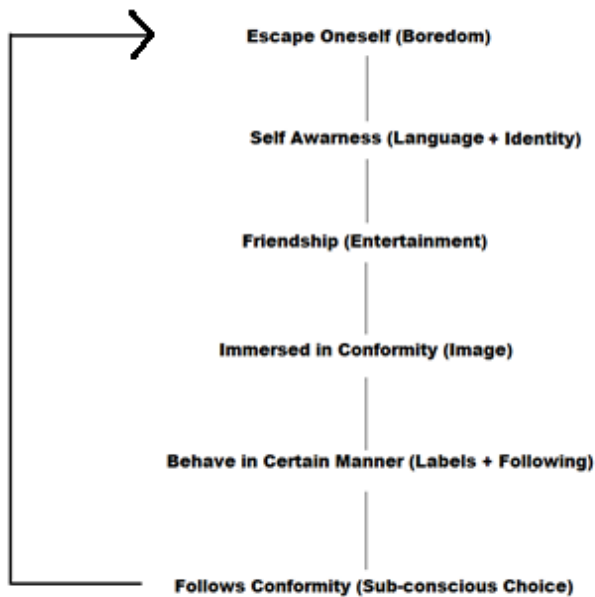
1.4 As an adult the entertainment may vary but the net result is the same: Conformity.

1.5 The three primary sub-addictions of men are: *Following*, *Language* and *Image*. From this comes work and marriage. *Following*, *Language* and *Image* are the components that make marriage and work sustainable.

1.6 You follow different facets of life: Religion, sports teams, partners, ideologies etc. This motivates you to live.

1.7 You engage in conversation (language) with other humans to alleviate the boredom. This motivates you to live.

1.8 You desire to project a good image to the world and this motivates you to live.



# Existential Component of Schizophrenia

2.0 I propose the following model of schizophrenia: A person who suffers from schizophrenia is human and thus strives to avoid boredom.

2.1 However for some reason they also strive not to conform and this creates a conflict in their psyche.

2.1.1 So on one hand they flee boredom and on the other they flee conformism and the mind must adjudicate between these two escapes. They also have a profound fear of labelling as in they fear being labelled (known) by another man. They possess an intense Labelling Anxiety (LA).

2.1.2 What comes before schizophrenia lays the ground work for the disease itself. The calmness before the storm sets up the conditions. The calmness is the storm.

2.2 This person is aware of their identity unconsciously but alas the mind is too aware I believe. Whereas the criminal does not look enough at himself, the schizophrenic looks at himself too much. He is too aware of his identity to the point that he becomes consciously aware of himself rather than the conformist who is only unconsciously aware.

2.3 The schizophrenic also unconsciously realizes that man possesses a feared weapon in the form of labelling and he seeks to avoid that. He unconsciously seeks to avoid being labelled by the other. He is unconsciously aware that the other can label and thus

tries to prevent this happening. But to avoid being labelled he must avoid being known.

2.4 What I believe happens within the mind is that it unconsciously tries to flee being labelled, conformism and at the same time tries to unconsciously flee boredom. But how does it? It cannot seek entertainment from conformity because it carries the threat of labelling and thus he cannot gain emotional support from what conformity brings.

2.4.1 In response to this dilemma the mind turns to madness in the form of schizophrenia. It is a response to being torn between labelling and conformity. The mind escapes through schizophrenia. Schizophrenia is the addiction.

2.5 The schizophrenic from childhood has come to fear man and his opinion. This makes him too self-aware. More than anything he fears being known because unconsciously he relates being known with being labelled and to be labelled is to be condemned. He suffers a prolonged Labelling Anxiety (LA). He suffers a profound crisis of labelling.

2.6 He is prone to doing nothing and the mind tries to escape this boredom. He also gets stressed around others and the mind too seeks to escape. It escapes through madness. Schizophrenia is an escape. He tries to escape his identity through escaping being known and does this through avoiding friendship/conformity.

2.7 But the mind in escaping becomes labelled schizophrenia and this in turn can cause further stress.

2.8 Schizophrenia is a disease of conformism pressures mixed with the fear of labels. It is a disease of language and being acutely aware of ones identity in the universe. The schizophrenic's identity is

assaulted by labels, conformity and boredom and it escapes through madness.

2.8.1 Man is his opinion and that is why he differs from animals. If people could not use language they could not have an opinion. Schizophrenia is a disease of language for those stricken are afraid of opinion and this fear is unconscious. Opinions are to the mind what bullets are to the body. Without language man can only see the other as a friend, food or foe. But because the mind is instinctively aware that people possess opinions, that they can label, it retreats from the battlefield and it does this either physically or through madness.

2.8.2 Recognition is the unconscious anxiety that the person suffering from schizophrenia unconsciously fears. When the schizophrenic sees others he sees himself through them and this creates an anxiety of labelling. This observation of himself through the eyes of others is determined unconsciously and the sufferer cannot but help be anxious.

2.8.3 The schizophrenic only fears man and more pertinent a man who has an opinion. Animals do not cause a labelling anxiety because the sufferer is unconsciously aware that they do not possess the power to label. Labelling is a form of pain. Schizophrenia is in part the conscious fear of unconscious labelling. It is anguish with existence. It is the eyes that the schizophrenic fears. This fear is unconscious. The anxiety lies in the eyes.

2.8.3.1 This is a product of youth. If a young person is not properly socialized among his peers or if he/she experiences trauma when young the mind becomes programmed to see others as threats.

2.8.3.2 What does man possess that an animal does not? He possesses through language the power to label and this is the fulcrum of so many psychological maladies. This Labelling Anxiety

presents itself in General Anxiety, it manifests itself in Pure Obsessional OCD (the fear of the negative labels) and it is the foundation of Schizophrenia.

2.8.4 Unconscious fear of being labelled causes them to fear another which in turn strengthens the unconscious fear of labelling. The cycle continues. They instinctively try to avoid existential game theory. “The person that knows me condemns me,” and hence they avoid being known.

2.9 The madness is the end. The means is the fleeing from labels and conformity that is done unconsciously. In fleeing these two qualities it becomes bored and seeks to further escape to avoid existential anxiety (depression). Schizophrenia is a response to a lack of response.

2.10 Schizophrenics smoke to contrast the mind. The mind of the healthy individual uses external conversation to maintain entertainment or contrast in daily life. The schizophrenic fears external conversation and thus engages in internal dialogue. However the mind becomes bored. They drift to smoking to have contrast in their life.

2.11 If we all wore masks there would be no such thing as schizophrenia. The eyes of the other cause such distress unconsciously to the sufferer.

2.12 The label of schizophrenia itself is damning. In their quest to not be known, they become known.

\*This analysis is far from complete and further study is required.



# Criminality

3.0 Whereas the schizophrenic seeks to negate his identity the criminal has no identity. The criminal does not possess a Labelling Anxiety (LA) and morality is in part upheld through the Labelling Anxiety.

3.1 The schizophrenic is too self-aware of himself; the criminal is not self-aware enough. The criminal sees the world and does not see himself in it. If he does not see himself, he cannot see what he does.

3.2 He then tries to avoid boredom and be entertained, but his entertainment is illegal. This causes suffering.

3.3 Naming and shaming of criminals is often futile for they do not possess an identity to name and shame. They do not identify or empathize with their projection to the world. Their name, face and reputation mean nothing to them and this is why they are dangerous for they do not care about how the world labels them.

3.4 An honest man will always worry about how the world labels him and thus will endeavour to live a good life. He does not wish to be labelled negatively because it will cause him to become depressed. A jail sentence is temporary, but a label is for life.

3.5 Labelling is irrelevant to the criminal for he does not place emphasis on his identity.

3.6 Conformity dictates what is criminal and criminality dictates what is conformity.

# Religion

4.0 Religion is an addiction. It is an escape. It is a means to avoid questioning.

4.1 How does man deal with the existential anxiety? He deals with it through avoiding it altogether.

4.2 Religion enables man to avoid this anxiety. Through following this addiction man solves the questions or so he believes.

---What is the meaning of life? It is to serve God.

---What happens after death? One goes to heaven.

4.3 Religion is solely absorbed by the masses to negate the existential anxiety.

4.4 Just as one marries and works, they adopt a religion to abhor boredom.

4.5 Man's self-awareness bleeds existential angst and to prevent that he falls into the arms of the divine. It is done unconsciously also. The mind goes on instinct and follows religion to avoid anxiety. It is done to protect itself.

4.6 The mind's response to anxiety is fight or flight. To deal with existential anxiety it more often than not flees into the arms of conformity and fights to maintain this illusion, that this means of living is valid. It is thus very hard to convince men otherwise because they escape into their addiction and furthermore fight hard to justify it.

4.6.1 Fight and flight work together to both enable and vindicate conformity. Flight implores people to conform and fight compels them to believe that they are doing the right thing. They simply have

to believe that they are living the right life, for if they did not they would become anxious. Thus a man's convictions may be worthy or not, but that is not the point because he will fight hard to preserve them regardless of their virtue.

4.6.2 This is why man's convictions are so hard to change for his mind unconsciously fights to preserve them to prevent anxiety. One thus does not fight for a belief but rather the desire to avoid anxiety centred around a false belief.

# Summary

- The unconscious mind dictates far more than we realize.
- People unconsciously flee boredom to flee existential anxiety (angst).
- To do this they find solace in entertainment.
- One such entertainment is conformism and it is unconsciously mimicked by the individual.
- Entertainment often leads to suffering for the individual.
- Man possesses an identity and is unconsciously aware of who he is at all times.
- That he can label himself allows him to label others.
- This labelling unconsciously forces him to be obsessed with his image.
- A pristine image and the urge to negate boredom endeavours to make him follow in life.
- Because of following one sect he segregates another and this is done unconsciously.
- Existentialism tries to make him self-aware of his unconscious choices and in doing so he sets himself free.

# Final Word

There are two ways to view existentialism:

- Existential therapy is dangerous. Man is by default programmed to not be self-aware. He is also programmed to find meaning, even if by existentialism there is none. By teaching man to become self-aware and through teaching him the futilities of life, of following and of loving, he comes face to face with the darkness of existence and he only sees more darkness. Man in this scenario is better off in his dream world wherein life has substance and he sets about to do the best he can with what he has in the spirit of conformism. This system maintains the system already in place.
- Existential therapy can be a release from the world itself. By teaching man that he is just millions of atoms combined, that he is letters in a word and that he is neurons firing at synapses, he becomes one with nature and himself. Through teaching him that the world and the universe is far bigger than he can ever see or even comprehend, he accepts his insignificance and finally begins to enjoy the journey rather than chase the destination.

Viktor Frankl famously attested that it was those who gave away their last piece of bread to a fellow inmate that survived the longest in Auschwitz. They lived longer because they had accepted their suffering. They had accepted their existential being and in doing so they accepted themselves and their situation. Existentialism is thus more than a following. It is a state of mind. To be existentially

aware means to accept yourself for who you are. This encompasses your flaws and strengths, your situation and your fate.

The world is built out of materialism to the point that the individual is not happy until he has achieved. In effect he looks at the destination and hungers to reach it in order to gain happiness. But in doing so he rejects who he is at present and thus brings upon him wave after wave of anxiety and stress. The existential man accepts himself now for whom he is. He accepts the meaningless of life, the certain death and most importantly he accepts himself in accepting these two things. In acceptance of himself he finally becomes free. The greatest knowledge is self-knowledge; understand yourself and you will understand the world. When you understand your world, you can then change it.

For one to become more existentialist in nature one must psychoanalyse oneself. This requires understanding why you choose. As a man you know what you choose, but try to understand why and you will become richer with every passing second. Many men are imprisoned, but there is only one free man and that is a man who can tolerate his boredom. To tolerate your boredom means you will tolerate your most basic self. But I predict society will not listen for they are so engaged with life that they do not dare question it. "I make all my decisions on intuition. I throw a spear into the darkness. That is intuition....." said the great Swedish film director Ingmar Bergman and that is how conventional man lives, on pure unconscious instinct. ".....Then I must send an army into the darkness to find the spear. That is intellect." Existentialism thus sets out not to throw the spear but to find it and it can only be discovered from within. Man's happiness and his freedom can only be discovered from within.